

# **SAREA**

## *Introduction*

### **Rock-climbing Instructor and Guide Information**

SAREA is a not for profit body, incorporated in 1981.

The main role of SAREA is to accredit rock-climbing instructors.

SAREA has a partnership with Regency Institute of TAFE to ensure that any training and assessment is insured, fair and participants are nationally accredited. All course fees go to Regency TAFE to cover costs associated with delivery of the program.

SAREA generates income from the Assistant Top Rope Instructor Award, and re-accreditation, which covers the administration costs of the organization.

## Awards

SAREA has 6 awards.

1. Assistant Top Rope Instructor
2. Tope Rope Guide (restricted)
3. Top Rope Instructor
4. Lead Climbing Instructor
5. Assessor
6. Single pitch abseil guide (available by request only)

### Assistant Top Rope Instructor

This is a recognition by a SAREA instructor of competence, according to the SAREA guidelines, that the candidate demonstrated, on the day, skills, experience and knowledge required to assist a qualified SAREA instructor.

- It does not endorse the candidate to undertake rock-climbing instruction without the supervision of a qualified instructor or guide
- Instructors and guides remain responsible for the safety of the group under instruction
- Any SAREA Instructor can endorse a candidate

### Guide and Instructional Awards

All SAREA instructors complete generic Outdoor Recreation Units of Competence. Candidates that have completed other outdoor leadership qualifications may be eligible for Recognition of Prior Learning.

Generic Units of Competence for all SAREA instructional awards:

UNIT	TITLE
SRXGRO001A	FACILITATE A GROUP
SRXGRO002A	DEAL WITH CONFLICT
SRXGRO003A	PROVIDE LEADERSHIP TO GROUPS
SRXINU002A	APPLY SPORT AND RECREATION LAW
SRXOHS001A	FOLLOW DEFINED OHS POLICY AND PROCEDURES
SRXRIK001A	UNDERTAKE RISK ANALYSIS OF ACTIVITIES
SROOPS002B	PLAN FOR MINIMAL ENVIRONMENTAL IMPACT
SROOPS003B	APPLY WEATHER INFORMATION

SRXEMR001A	RESPOND TO EMERGENCY SITUATIONS
SROODR002A	PLAN OUTDOOR RECREATION SESSIONS
SRODRO005A	GUIDE OUTDOOR RECREATION SESSIONS
SROODR006A	MANAGE RISK IN AN OUTDOOR ACTIVITY
SROOPS006B	USE AND MAINTAIN A TEMPORARY OR OVERNIGHT SITE

### *Top Rope Guide (Restricted)*

This award is a guide award only. Guides are able to instruct in skills that allow successful participation, but are not endorsed to teach for independent practice. The skill, experience and instructional demands for this award are set at a lower level than a Top Rope Instructor. The award endorses the candidate to conduct activities in specific areas, such as Onkaparinga Gorge Conservation Park and Morialta Conservation Park.

- Does not endorse candidate to teach independent practice
- Restricted to specific sites
- Skill, experience and instruction demands set at a lower level

Successful candidates may conduct the following activities in either Morialta or Onkaparinga Gorge:

- Top rope rock-climbing using established anchors
- Abseiling using simple abseil devices
- Ratios of 1:4, with up to 12 clients if 2 assistants present

There are 3 components of the SAREA Top Rope Guide (Restricted).

Assessment no. 1: Personal Skills

Assessment no. 2: Group Management

Assessment no. 3: Rescue Skills

On completion of the theory and practical assessments, successful candidates will be issued with the following additional Units of Competence at the Top Rope Guide (Restricted) level.

Assessment	Hours	Code	Descriptor
Personal Skills TRG (restricted)	4	SROCLN003A	Establish belays for climbing on natural surfaces
		SROABN004A	Establish ropes for single pitch abseiling on natural surfaces
Group Management	4	SROCLN007A	Guide climbing activities on natural surfaces (restricted)
		SROABN007A	Guide abseiling on natural surfaces (single pitch)
Rescue 6 hours	6	SROVTR001A	Perform Vertical Rescues

## ***Top Rope Instructor***

In addition to the skills and knowledge required for Top Rope Guide (Restricted), successful candidates for this award are able to instruct others in any appropriate single pitch environment, and may teach others for independent top rope practice. They may also guide on a single pitch lead climb, but not instruct for independent practice.

- Endorses candidates to teach independent top rope practice, including rock-climbing and abseiling
- Not restricted to specific sites
- May guide clients up a single pitch lead climb

Top Rope Instructor must complete all the components for a Top Rope Guide (Restricted), plus:

- Present a log book that meets the additional climbing metres, climbing standards requirements, and range of sites as per SAREA log book.
- Complete the additional components for the Personal Skills Practical Assessment for Top Rope Instructor.

Note the following:

- The Group Management Assessment and Rescue Skills Assessment are the same.
- Candidates may complete the Top Rope Guide (Restricted) award first, or may go straight to the assessment at Top Rope Instructor level.

On completion of the theory and practical assessments, in addition to those completed as part of the Top Rope Guide (Restricted) award, successful Top Rope Instructor candidates will be issued with the following Units of Competence

Assessment	Hours	Code	Descriptor
Personal Skills	2*	SROCLN009A	Instruct climbing on natural surfaces (restricted)
Top Rope Instructor		SROABN008A	Instruct abseiling on natural surfaces (single pitch)

\* This 2 hours is in addition to the 4 hours for the Personal Skills Top Rope Guide (Restricted).

## ***Lead Climbing Instructor***

In addition to the skills and knowledge required for the Top Rope Instructor, successful candidates for this award are able to guide and instruct others in a multi-pitch environment.

- Endorses candidates to teach independent lead climbing practice
- Includes rock-climbing and abseiling in a single or multi-pitch environment

Additional Assessments are:

1. Multi-pitch Guiding Assessment (4 hours)
2. Multi-pitch Instruction Assessment (6 hours)
3. Multi-pitch Rescue (4 hours)

In addition to those completed as part of the Top Rope Instructor award, successful candidates will be issued with the following units of competence:

Assessment	Hours	Code	Descriptor
Multi-pitch Guiding Assessment	4	SROCLN01A	Guide lead climbing activities on natural surfaces (multi pitch)
		SROABN009A	Guide abseiling on natural surfaces (multi-pitch)
		SROCLN006A	Establish belays for multi-pitch climbing on natural surfaces
		SROABN006A	Establish ropes for multi-pitch abseiling on natural surfaces
Multi-pitch Instruction Assessment	6	SROCLN012A	Instruct lead climbing on natural surfaces (multi-pitch)
		SROABN101A	Instruct abseiling on natural surfaces (multi-pitch)
Multi-pitch rescue assessment	4	SROVTR002A	Perform complex vertical rescues

### **SAREA Assessor**

This award endorses candidates to assess the skills and knowledge to the level of their award. Candidates must hold the appropriate Assessor units of competence, as well as successfully complete an induction process with SAREA.

### **Single Pitch Abseil Guide**

This award is specifically for organisations that require abseiling only, and require training and assessment at this level. It is not offered to general public, and requires organized groups to arrange a contract with SAREA.

## **Assistant Top Rope Instructor**

### ***Assistant Top Rope Instructor Assessment***

This non-award certificate is issued by SAREA.

Instructors and guides are advised to ensure assistant instructors have completed the certificate, but it is not compulsory.

Assistant Top Rope Instructor can be assessed by any SAREA instructor.

Candidates can download the assessment criteria from the SAREA website, and then approach any SAREA instructor to witness that they are competent in each of the defined areas. Candidates can demonstrate this in one session or over a period of many sessions. Once all the sections are completed and signed by a SAREA instructor, then this should be sent, along with a log book of experience over the previous 2 years, and a cheque for \$50 to SAREA. SAREA will then review the documentation and send out a certificate if candidate successful. Candidate will also be notified if unsuccessful.

Log book requirements summary:

- Climbing for at least 6 months
- Competent to top rope at least grade 12 standard
- 500m of top rope or seconding
- Variety of cliff environments
- (Ideally) have experience on multi-pitch climbs
- 10 abseils

### ***Application for Assessment***

- Download an Assistant Instructor Assessment form from SAREA website
- SAREA Instructor to sign all sections
- Complete rock-climbing log book for last 2 years, as per SAREA log book
- Cheque for \$50
- Submit to SAREA at PO Box 601 North Adelaide 5001

### ***Program Information***

No formal SAREA program is offered, and experience can be gained through personal climbing and/or climbing with organized groups.

## **Top Rope Guide (Restricted)**

### ***Application to Commence Top Rope Guide (Restricted)***

- Present log book to SAREA, demonstrating experience and competence at Assistant Top Rope Instructor level
- Or complete the Assistant Top Rope Instructor Certificate
- Contact SAREA, via email or by post, advising that you would like to commence the Top Rope Guide (Restricted) program.
- SAREA will then contact you advising the next course dates, and send your details to Regency Institute of TAFE.
- Regency Institute of TAFE will send out an offer of enrolment.
- All enrolment administration is then conducted by Regency Institute of TAFE.

This award is issued by SAREA, with National Units of Competence included, with Statements of Attainment issued by Regency Institute of TAFE.

Courses are run either once or twice a year. Courses will only run if a minimum number of candidates apply.

Candidates for the Top Rope Guide (Restricted) must complete the Assistant Instructor Assessment prior to commencing the program.

They must complete the rock-climbing experience, rock-climbing instruction and first aid requirements prior to assessments commencing.

### ***Assessment of Top Rope Guide (Restricted)***

- Completes theory seminars, practical seminars and practical assessments.
- Presents log book to SAREA, demonstrating experience and competence at Top Rope Guide (Restricted) level, as well as copy of Workplace level 2/Senior First Aid
- Log book and assessment results reviewed by AA Panel and Board at meetings held every two months.

Log book requirements summary:

- Completes assistant instructor requirements
- 50 hours experience as assistant instructor
- Evidence of teaching
- 750m of climbing, with 250m on multi-pitch climbs
- No grade requirements

## **Top Rope Guide (Restricted)**

### ***Program Information***

The program consists of the following:

#### **Summary**

1. Successful completion of log book requirements for Top Rope Guide (Restricted)
2. Complete Senior First Aid (or equivalent)
3. 6 x 3 hour theory sessions at Regency TAFE
4. 2 x 6 hour practical seminars at Morialta Conservation Park – Personal Skills, Group Management and Rescue

#### **Assessment**

5. 4 hour Personal Skills Assessment
6. 4 hour Group Management Assessment
7. 6 hour Rescue Assessment

### ***Theory***

These sessions are conducted at Regency Institute of TAFE by experienced lecturers in Outdoor Leadership. Topics include weather, risk management, guiding and instruction, law, session planning and client services. These are usually held in the evenings, at the beginning of the course.

The theory classes are generic, and there may be other outdoor recreation leadership candidates in attendance, such as high ropes, indoor rock climbing, etc. The assessments for each of the theory units are mostly rock-climbing related.

The first seminar outlines the SAREA scheme, the training and assessment program, and applications for Recognition of Prior Learning (RPL) or credit due to completion of Units of Competence can be made at this time.

### ***Practical Seminars***

Two practical seminars are provided to advise candidates of assessment standards for the Personal Skills, Group Management and Rescue Assessment.

The seminars do not teach people how to rock-climb, abseil, instruct or conduct rescues. The role of the seminars is to clearly outline assessment standards.

All seminars will usually take place 9 am to 4 pm, Morialta Conservation Park.

Meet at 'Top Gate' Norton Summit Road.

The Seminars are conducted by SAREA assessors, and a basic set of equipment will be provided by Regency TAFE.

Candidates must bring a minimum of their own approved climbing helmet and harness. All equipment used on the day will have a visual safety inspection prior to use. You are welcome to bring your own (well labelled) equipment to use.

### **Practical Seminar 1: Personal Skills**

During this seminar, candidates are provided information regarding the standards expected at the Personal Skills Assessment.

SAREA assessors will demonstrate examples of top rope, abseil and single pitch lead guiding. They will accompany this with explanations, acceptable variations, and potential problems. They will explain the Personal Skills Assessment process. There will be opportunities for questions and time for candidates to show any alternative set up options.

Note that Top Rope Guide (Restricted) and Top Rope Instructors will have different assessment criteria. Similarities and differences will be covered on the day.

### **Practical Seminar 2: Group Management and Rescue Skills**

During this seminar, candidates are provided information regarding the standards expected at the Group Management Assessment and the Rescue Assessment.

The Seminar is conducted by SAREA assessors, and a basic set of equipment will be provided by Regency TAFE.

SAREA assessors will demonstrate examples of group management practices for rock-climbing and abseiling. They will also demonstrate examples of rescue set ups that will be required knowledge for the Rescue Assessment. They will accompany this with explanations, acceptable variations, and potential problems. They will explain the Group Management and Rescue Skills Assessment process. There will be opportunities for questions and time for candidates to show any alternative set up options. Note that Top Rope Guide (Restricted) and Top Rope Instructor have the same Group Management and Rescue Assessment criteria.

## ***Practical Assessments***

### **Practical Assessment no. 1: Personal Skills Assessment**

Meet at Top Gate, Morialta. 9am until 1pm.

Candidates are assessed on their personal abseiling and rock-climbing skills, as well as knowledge of rock-climbing and rock-climbing equipment.

### **Practical Assessment no. 2: Group Management Assessment**

Meet at Top Gate, Morialta. 1.30 pm until 5.30 pm.

Candidates are required to safely manage a novice group of 4 people for an introductory rock-climbing and abseiling session.

### **Practical Assessment no. 3: Rescue Assessment**

Meet at Top Gate, Morialta. 9.00am until 3pm

The candidates are asked to perform a series of tasks which have application in a single pitch emergency management context.

## **Top Rope Instructor**

### ***Application to Commence Top Rope Instructor***

Process is as for Top Rope Guide (Restricted).

Candidates wishing to update to Top Rope Instructor from Top Rope Guide (Restricted) will need to resubmit their log book to SAREA and apply to complete this level.

### ***Assessment of Top Rope Instructor***

As for Top Rope Guide (Restricted).

Candidates wishing to upgrade to Top Rope Instructor from Top Rope Guide (Restricted) will need to complete an additional 2 hour assessment.

### ***Program Information***

As for Top Rope Guide (Restricted), with the following differences:

1. Log book requirements.
2. Personal Skills Assessment is an additional 2 hours.

The log book requirements prior to assessment at Top Rope Instructor:

- 50 hours assistant as assistant instructor (same as for Top Rope Guide (Restricted))
- Experience climbing in a range of venues
- 1,250m climbing that includes
  - 750m of top rope or second 14+
  - 500m of leading grade 12+ including 200m +of multi-pitch routes

## **Lead Climbing Instructor**

### ***Application to Commence Lead Climbing Instructor***

Candidates must complete the Top Rope Instructor award first.

Candidates then re-submit log book with application to commence Lead Climbing Instructor Assessments.

### ***Assessment of Lead Climbing Instructor***

There are 3 components to the Lead Climbing Instructor assessment:

1. Multi-pitch guiding assessment
2. Lead climbing instruction assessment
3. Multi-pitch rescue assessment

### ***Program Information***

Following completion of top rope instructor award, candidates should then pursue development of higher order multi-pitch climbing skills, and single and multi-pitch lead climbing guiding and instruction experience.

Log book requirements summary:

- Additional 20 hours of multi-pitch instruction
- Additional 1,250m of climbing, including
  - 1,000m on grade 16 or above multi-pitch climbs

## **Assessor & Advisor for the SAREA Panel**

***SAREA can invite qualified instructors to join the Assessor and Advisors Panel as determined by the needs of the panel.***

Candidates are expected to:

- Demonstrate a commitment to the values of SAREA
- Role model exemplary instructor behaviour
- Be or become qualified in the units of competence required to train and assess others (workplace trainer & assessor)
- Be available to assist with training days and assessment of candidates
- Act as a first point of contact and mentor to candidates enrolled in any SAREA programs

## **Reaccreditation**

Candidates are required to re-accredit every 3 years.

Reaccreditation involves submission of a log book demonstrating current climbing competence and instructional experience (see SAREA log book), a copy of your current senior first aid and an administration fee of \$50.